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### Nationally known psychologist and author to lecture at UM

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# The University of Montana

## NEWS RELEASE

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Jan. 13, 1994

### **NATIONALLY KNOWN PSYCHOLOGIST AND AUTHOR TO LECTURE AT UM MISSOULA --**

Charlotte Davis Kasl, counseling psychologist and nationally known author of a book that dared to question the value of 12-step recovery programs, will lecture Wednesday, Jan. 19, at The University of Montana.

Her free public lecture, "Beyond Burnout: The Healing Power of Joy," will begin at 8 p.m. in the Urey Lecture Hall.

A Missoula native, Kasl had a counseling practice in Minneapolis for 15 years before returning to Montana three years ago to live and work in Lolo. She's written articles and led workshops on addiction, sexuality, co-dependency, childhood abuse, oppression, empowerment, joy and more.

She's also written three books. A review of her first, "Women, Sex, and Addiction: A Search for Love and Power," describes it as "perhaps the first-ever comprehensive look at what constitutes addiction/co-dependency." Published in 1989, the book has sold more than 70,000 copies.

Her challenge to 12-step recovery programs, "Many Roads, One Journey: Moving Beyond the Twelve Steps," came out in 1992 and was an outgrowth of her experiences not only as a counselor but as a member of a women's support group dealing with relationships. In an interview for the winter 1993 SOS International Newsletter, Kasl said, "I had a knot in my gut from the

-more-

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beginning about saying those steps." Having to claim she was powerless to take charge of her life violated her sense of self and forced her to rewrite the 12 steps, basing them on empowerment instead of powerlessness, she said.

Her most recent book, "101 Ways To Find Joy: Freeing Your Spirit, Dancing With Life," looks at joy and creativity as vital components of empowerment.

Kasl has bachelor's and master's degrees in music from the University of Michigan and a doctorate in counseling psychology from Ohio University. She's served on various task forces and advisory boards of groups concerned with women's and children's issues and has appeared more than 150 times on such national television talk shows as "Donahue" and "Geraldo." Her UM lecture is sponsored by the Women's Studies Program.

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**CONTACTS:** Charlotte Davis Kasl, 273-6080; liberal studies Associate Professor Julia Watson, 243-2104; educational leadership and counseling Assistant Professor Rita Sommers-Flanagan, 243-4263.

TB

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